

Child Care Health Consultation Lesson Plan

Contractor Name: Standard Lesson Plan

Date Submitted: January 15, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

Title: Dietary Guidelines for Americans – Quick and Healthy Meals and Snacks

Training Goal: Participants will gain information for healthier eating and increasing physical activity from the science-based “Dietary Guidelines for Americans” (2010)

Learning Objective(s): Participants will

- Acquire skills for quick meal preparation of healthy food & snacks and how to shop to stock a healthy pantry
- Review techniques for eating healthy when dining out
- Discover healthy meals that can be prepared in a slow cooker to make meal planning easy

Topical Outline of Content	Training Method(s)	Time (in minutes)
<p>NOTE TO TRAINER: All supporting training documents (activities/quizzes/video clips, powerpoint slides, handouts) , & evaluations can be accessed and downloaded at: http://health.gov/dietaryguidelines/workshops/</p> <p>Introduction/review learning objectives</p> <p>• Objective 1: Tips for preparing meals quickly & how to stock your pantry ; Review handout: <i>Quick, Healthy Meals & Snacks</i>; Review handout: <i>My Shopping List</i>; Video: <i>Make It Fast, Make It Good</i></p> <p>• Objective 2: Making healthy selections when eating out Review handout: <i>Tips for Eating Out</i> ; Review handout: <i>Tips for Choosing Healthier Foods at Restaurants</i> ; Optional activity</p> <p>• Objective 3: Using a slow cooker to prepare easy, healthy meals – Review handout: <i>Slow Cooker Tips and Recipes</i></p> <p>• Increasing Physical Activity • Review handout <i>MyPlate</i> and how to use <i>10 Tips to Build a Healthy Meal</i></p> <p>• Wrap-up/Q&A /Evaluation</p>	<p>(activity for this class could include sampling a slow cooked menu item)</p> <p>Intro Lecture/Discussion Handouts Video clip</p> <p>Lecture/Discussion Handouts Activity</p> <p>Lecture/Discussion Handouts/Activity</p> <p>Q & A/ resources/ eval</p>	<p></p> <p>5 min 10 min</p> <p>10 min 10 min</p> <p>15 min</p> <p>5 min</p>

Method(s) of Outcome Evaluation: Participation in group activities, Q & A, evaluation

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Date Approved:
January 15, 2015

Authorized Approval Signature:



Date Expires:
January 2018